



Panelle Fries

Cook time: 11 minutes

Makes: 6 Servings

Panelle fries are a savory and crunchy side that will accompany any dish.

Ingredients

1 cup Garbanzo and/or fava flour

3/4 cup water

1 teaspoon garlic powder

1 teaspoon salt

2 tablespoons Canola or olive oil

Directions

1. Combine water and garlic powder, bring to a simmer.
2. Add flour to simmering water, whisk until incorporated.
3. Continue stirring for 12 minutes; caution not to scorch flour.
4. After 12 minutes, puree until smooth with an immersion blender and add salt.

5. Lightly coat flat sheet pan lined with pan liner and spray with nonstick spray.
6. Spread mixture on sheet pan and cool.
7. Cut into batons (French fry shape) when cool.
8. Brush the top with Canola/olive oil and bake at 425° F for 11 minutes until crispy and golden brown.

Source: Metcalfe Elementary (Recipes for healthy Kids Challenge)